

**BANNING (E.P.)**

EXPLANATION

OF THE

PRINCIPLES AND ACTION

OF

DR. BANNING'S BRACES,

SPINAL SUPPORTERS, AND SUPPORTER TRUSS,

FOR

WEAKNESSES, DEFORMITIES, HEMORRHOIDS. PROLAPSUS  
ANI, AND THE SEVERAL VARIETIES OF HERNIA.

EMBRACING

THE EXPERIENCE AND OPINION OF SCIENTIFIC AND DISTINGUISHED  
INDIVIDUALS CONCERNING THE USEFULNESS OF THE SAME.

*to be had of W.C. Chas.*

**DR. BANNING'S OFFICE,**

341 BROADWAY,

OPEN FROM NINE, A.M., TO FOUR, P.M.

NEW YORK:

STEREOTYPED BY BANER AND PALMER

201 WILLIAM STREET, CORNER OF FRANKFORT.

1850.

## TO THE READER.

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IN this Circular the author does not appeal to your *credulity*, neither to *startling facts* wholly, nor to the generous testimony of those who best can know, and are least disposed to lend their powerful aid to error, or a wrong use of truth.

But he proposes, by an appeal to your good "*common sense*," and your general intelligence, to show, that while some diseases are of a vital, others are of a *mechanical* character, consisting in a *displacement* of parts, and not in a diseased condition of them primarily, and that, as such, they must be met, not by medicine, but by mechanical means, explaining why so many chronic ailments go *uncured*.

You are invited to examine, first, the explanation, with much care and thought; next, the source and character of medical testimony; and lastly, the interesting facts set forth. The author knows that "*truth is mighty*," and, consequently, that such authors as place before your eyes at every corner, "*Confirmed Consumption Cured*," and "**LIFE PROLONGED TO 150 YEARS**," must ultimately go down, with no better consolation than some lucre gained by imposition upon credulity. His position is, that "**NATURE ONLY NEEDS AID**," and that in an extended class of chronic ailments that aid is here provided.

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DR. BANNING, after having traveled and experimented several years for the purpose, has returned to 341 Broadway, New York, where he may be consulted for the relief of Female Complaints, Spinal Weaknesses, and derangements of the nervous, digestive, pulmonary, and vocal functions. Invalids from a distance will receive particular attention.

He also respectfully informs the public, that all supports having a whole, or half an elliptical spring, or three or more *back* pads of *any* arrangement, or that combine the use of a hernial or bowel truss, or a galvanic battery, or any part of which is composed of shell or horn, is an infringement of his patent, and that prosecution will be instituted against *any* who manufacture, vend, or use such infringements.

Physicians, Druggists, and others, wishing any variety of his **Braces** or **Trusses** by the dozen, will be supplied at a liberal discount, **cash** always accompanying the order.



Surgeon Genl's Office  
LIBRARY  
22877  
Washington

## DR. BANNING'S LACE, OR BODY BRACE.

THE proprietor of this instrument wishes to return his thanks to the public, and to the medical profession, for the very liberal and increasing patronage which his LACE continues to receive from every state in the Union. He also wishes to inform them that he has lately made a great improvement in the instrument, including new hernial trusses and spinal supports, which, for ease and support to the body, very far surpasses any supporter or brace now in use, (although since his article was introduced and patented, many other varieties have appeared) and he would take this mode of respectfully requesting the public to guard against purchasing, for his brace, any but those bearing the stamp of the proprietor, thus :

### DR. BANNING'S PATENT LACE.

April 6, 1843.

The following *common-sense* and self-evident truths explain the principles on which the writer's surgical and mechanical inventions so generally relieve an extended variety of maladies which seem to have no identity of nature whatever, and I bespeak of the reader a careful consideration of them, before reading my subsequent remarks on the usefulness of these devices.

I. That man, *materially* considered, is a *machine*, of a *primary*, *definite*, and *accurate* character, and as such, is under the control of *mechanical* law—a change in its *actions* always resulting from any local or general departure from its primary and accurate definiteness, like as in other machines.

II. The internal organs, or viscera, are as much under this law of *definite* position and mutual bearing as the bones, and a functional derangement will follow a displacement in one case as well as in the other, and this definite position and relation of them, consists in a *packed*, *braced*, and *upward supporting* action from *below*, and not in a *suspended* or *pendent* state from above ; and the erect posture and surrounding abdominal and dorsal muscles are the consummative agencies (when active and strong) in maintaining this supported and primary state of the vital parts, causing the lower abdomen to be comparatively small, the waist and stomach plump, and the chest short and broad, by virtue of the consecutive series of supports from the base to the apex of the whole pile—all resting upon the tense and flexible muscles below, which act in this case much like the elliptical springs of a coach, reacting upon any depressing influence above and within. This is the *natural* state. See fig. V.

III. Next, we see that if these *supporting* muscles, or springs, give way, and do not *fully* perform their duty, then there will ensue a letting down of this upward, natural state, not only at the base, but even at the top of the pile,

lengthening it, and producing a change from *support* to *suspension*. See fig. VI. This is the *unnatural* state. The philosophic result of this change is, a drooped, rounded form, with sunken organs, a retracted stomach, and pendulous abdomen.

IV. Now, bearing in mind that there is but one *best*—and that all machinery operates under its *moving power* long and well, only in proportion as it was first a wise and perfect machine, and continuing so—let us see what will be the necessary and “common-sense” result of this change from support to suspension.

1st. We see that there is an undue weight put upon the arteries, veins, nerves, and lymphatics of the lower extremities, tending to produce coldness of the feet, varicose veins, swelling of the feet, milk-leg, and numbness and weakness of the extremities—and particularly so during and immediately after pregnancy.

2d. We see that undue weight will be produced upon the lower bowel and its veins, mechanically producing costiveness and piles; that the bladder will be depressed, compelling it to be evacuated, or causing retention of urine, by compression of its stem, or a too sudden bending of it; that the womb will be pressed down too low in the passage, producing whites, and giving much pain in the back and groins by unduly stretching the cords inserted in those regions, and which support the womb; also producing the common sense of *bearing down*.

3d. We see that the bowels drag upon the stomach, liver, and spleen, and that they consequently drag upon the diaphragm, producing dull, heavy, dragging pains in the sides and stomach, with a sense of *faintness*, *weakness*, *sinking* or “*goneness*” about the stomach—causing the person to step carefully, and to lean forward—giving to many a bad reason to suppose the liver, stomach, and spleen are affected.

It should be noticed that in this relaxed condition the bowels and other abdominal organs are, comparatively, in a *dangling* condition, which may tend to arouse their *irritability*, or to induce a *torpor* of them—commonly *both*, alternately—favoring constipation and general inaction at one time, and dysentery and diarrhoea at another.

4th. It is also plain that this relaxed condition of the abdominal muscles, and sunken state of the abdominal organs, greatly increase the liability to ruptures of the bowels and the difficulty of their cure.

5th. This unnatural state may well be supposed to disturb the equanimity of the nervous function, and to account for the motley crew of symptoms under the head of hypochondria, melancholia, hysteria, gloom, causeless crying, etc., etc.

6th. We see that the diaphragm is drawn down, the perpendicular and dividing membrane of the chest (the mediastinum) is put upon the stretch, the heart and lungs left unsupported, and the philosophy of respiration and of the pulmonary circulation necessarily broken up, producing palpitation of the heart, shortness of breath and congestion, with a tendency to bleeding at the lungs, accompanied with a sense of tightness in the center of the chest, and a tendency to droop the shoulders and flatten the chest.

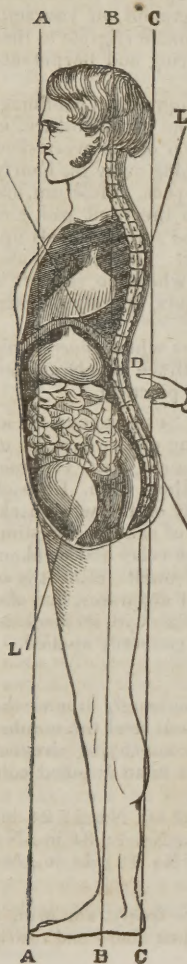
7th. We see that this state also lets down the tone of the vocal organs, producing weakness and roughness of voice, and a consequent soreness of throat, from an unphilosophical effort to speak or sing.

By these self-evident propositions we see—1st. That a drooping form and a relaxed state of the abdominal muscles and ligaments of the internal organs may produce such a deranged state of the viscera as to mechanically induce all of the



above and analogous maladies. 2d. We see that when wholly or partially so caused and perpetuated, they can *only* be removed by a restoration of the primary mechanical position of the parts, and that, too, by *mechanical* means, in conjunction with a proper reformatory course of life. 3d. It is evident that that support which most effectually elevates the abdominal organs will immediately commence to accomplish the desired relief. These indications, upon the above principles, an abundant experience has proved to be fulfilled by the Brace herein described, and which has been so long before the profession and the public.

FIG. V.

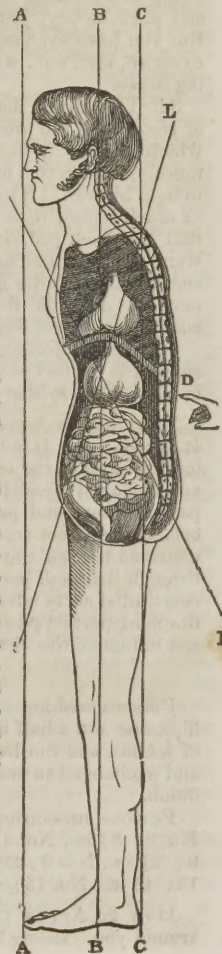


No. V. represents a side view of the internal organs, showing how the lower abdomen is made small and shallow and the upper abdomen deep, and the chest short and full, by means of the erect posture and the pressing back and lifting effect of the strong and tense abdominal muscles, showing that the strength of chest is the result of strength of the lower abdominal muscles.

It also shows, by the three perpendicular lines, that the hollow of the back is the body's center of gravity, and the oblique lines, running the direction of the advancing and retreating planes of the spine, sustain this idea, by crossing line B, where it passes at D, showing that support is to be put at D.

Fig. VI. is the very reverse; showing a relaxed state of the muscles and a sunken state of the organs from the base to the throat, explaining the cause of the thousand ills of people of this shape. It also shows by the lines that the middle of the body has got behind the top, and not the top before the middle (observe the lines of the two at top and bottom); showing that to relieve their weaknesses we must lift the abdomen, and to straighten the body we must push at the small of the back. (See Banning on Chronic Diseases.)

FIG. VI.



NOTE.—The Plates or Figures marked V. and VI., showing the internal organs in both a healthy and fallen state, were originally drawn and the copyright secured by Dr. Banning, but, without his knowledge or consent, were stolen (as well as an infringement made on his patent) and used.

But the common inquiry is—Will the use of the Brace compel me to wear it continually?

I answer: 1st. The *facts* say no! Invariably (the procuring and predisposing causes being removed) the patient gradually lays it aside.

2d. Suppose it does; are you not the gainer? Before you put it on, you had a *long and growing* habit of being *uncomfortable*, with a prospect of its increase and permanency, judging by others, and the effect of treatment on yourself. But you have exchanged it for a *comfortable* habit, and are made *eligible* to that exercise, etc., etc., which is calculated to remove the procuring and perpetuating cause.

3d. The Brace does not, like other supports, act by compressing, confining, or restraining the muscles, but as a *prompter* or monitor to the erect posture, in which posture it has nothing to do. It also acts as a *rester* of the overtasked muscles, as a *crutch* or *cane* rests the *weary* man without taking away his liberty to help himself. The reason why it so acts is, that its back pads, or fulcrum, are so much higher than the front, giving a drawing upward to the front pad, and that the front pad, being placed on an elliptical and a curved spring, travels upward much farther in its sphere of motion than any other. Its action is also concordant with the natural action of the *strong* muscles, where no support is needed. But for these things the Brace would, like others, merely *squeeze*, confine, and press downward. (See cuts of Brace.)

4th. The objection on the score of a bad habit, only bears when *unnecessary* support is applied to *strong* and *healthy* muscles. But the Brace is only applied to *weak* ones, so that the objection, though scientific, is not practical.

PARTICULAR ADVANTAGES OF THE LACE OVER OTHER SUPPORTERS.—1st. It is cool. 2d. It is light. 3d. Its pads can all be shifted up or down, right or left, as often as the spleen or necessity of the case may require. 4th. Its great and universal flexibility. 5th. It lifts more than any other. 6th. Its back pads are four, and press on the weak hips, and particularly on the weak back, balancing and not restraining the body. 7th. Its pads being of naked horn, stimulate and harden the muscles, while soft and cushioned ones relax and weaken, through heat and perspiration, besides giving them a rancid smell. 8th. It is so constituted as to admit of attaching to it any proper spinal apparatus, and also the most perfect pile and hernial trusses. 9th. It may combine with its mechanical influence the virtues of the galvanic battery, locally or generally applied.

#### RULE OF MEASUREMENT.

Persons wishing to send for the Brace may draw a tape snugly around the hips, one and a half inches below their tips, over the linen, and send the number of inches, and the Brace will be sent to order, with an accompanying circular, and exchanged to suit, provided it be *immediately* returned in an unsoiled condition.

Persons measuring as above, 20 inches, wear No. 1; 22 in., No. 2; 24 in., No. 3; 26 in., No. 4; 28 in., No. 5; 30 in., No. 6; 32 in., No. 7; 34 in., No. 8; 36 in., No. 9; 38 in., No. 10; 40 in., No. 11; 42 in., No. 12; 44 in., No. 13; 46 in., No. 15; 48 in., No. 16; 50 in., No. 17.

HOW TO APPLY THE LACE OR BRACE.—Open the Brace freely, and bring it around you, causing both bows to sit snugly and at ease just above and nearly



or quite in contact with the hips; then lock it more or less tight, as your good sense and sensations dictate. It should sit saddle-like, perfectly at ease, and motionless upon the person. If it does not, there is something wrong, either in the size, shape, or adjustment of it, and should receive corresponding attention. The large pad should be nearly or quite down to the front bone at the lower abdomen, and in the center of it: the upper back pads should be behind the kidneys, at equal distances on each side of the spine, supporting the weak back, and bracing the body. If the back pads are too high or too low, they can be let up or down by taking off their connecting nutt with a pair of pincers. If too far apart, push them near to each other. If one presses harder than the other, with *pliers* twist the standard. If they press too much at the upper edge, bend the top of the standard back. If the standard does not stand exactly behind the spine, slack its screw connecting it with the main spring, and shove it to the right place, and re-tighten the screw. But, in case of a *lateral* curvature at the small of the back, the spine will be found, not in the perpendicular line and center of the body, but to one side, causing a convexity on one side and a concavity on the other; in this case, you will take care to shove the standard from the center until it comes behind the convexity of the spine; then you will, with strong pliers, so *twist* the standard as to cause one pad to press firmly upon the convexity, crowding it forward and to the center continually, making a fulcrum of support at that point, not allowing *any* pressure upon the concave side of the spine. As the curvature recedes to the center, move the standard toward it, and bend forward, if need be, to continue the firm and constant support. Such cases require to be attentively watched. See fig. VIII.

If the hip pads do not press to suit, by loosening the screw, move them to please.

Should the front pad not sit in the center of the body, loose its screw and slide it to suit. Should it not turn under and *lift* enough, take a plier and twist the *main bar* under; or, if it press under too much, twist it out.

If the patient is of a slim form, he or she should hold down the front pad with one hand, and raise up the abdomen with the other; but, if the patient be corpulent or the abdomen pendulous, it is often better, when the Brace is fitted, to wear a wide linen bandage under, and allow the front pad to be worn more around than *under* the abdomen.

HOW TO MANAGE THE BRACE.—Let it ever be borne in mind, that such is the construction and principles of the Brace, and so varied the forms and sizes of it, that it *never* need to *hurt*, when skillfully selected and fitted. If it hurt, something is wrong, and the cause is to be rationally looked into and patiently remedied—trifling inconveniences soon giving way when they originate with the susceptibilities of the patient. It should be removed at night, and all nervous, sensitive, or excitable patients, should not at first attempt to wear it all the while—always removing it for a while on being restive, fevered, or excited unpleasantly, in some cases, perhaps, several times a day, and by degrees it will become as “*natural as any article of dress.*” It is *seldom*, however, that this caution is necessary. If *nausea* or great nervousness occur, it is a token that the Brace is much needed, and that the desired results will soon be realized.

As they are so generally becoming the accompaniment of ladies and gentlemen having no particular complaint, but worn as a luxury, and simply to improve the form, it is proper to say to such, that they should chiefly use them on riding, walking, dancing, or leaning, and lay them aside when least needed. By this means a *habit* of its use is avoided, and any call for its permanent use forestalled.

FIG. III.

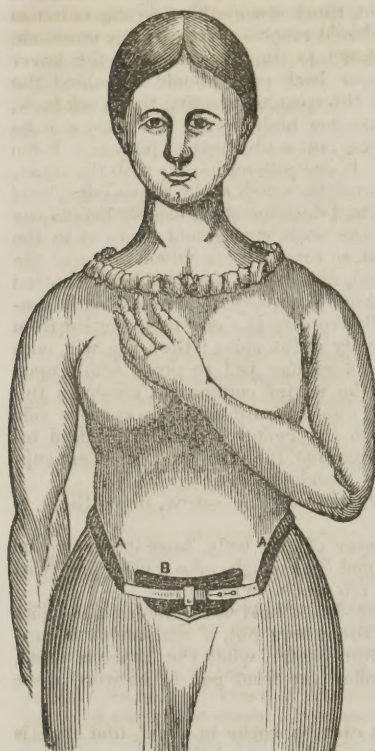


FIG. IV

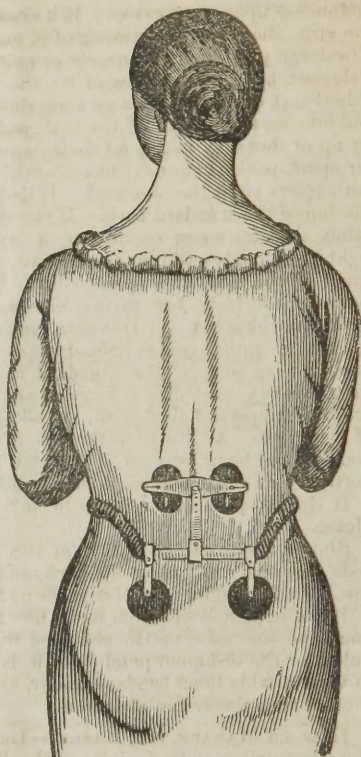


Fig. III. shows the springs of the Brace coming around the weak sides—the front pad *lifting* the abdomen, and supporting the whole body, even to the throat.

Fig. IV. shows the back upper pads supporting the back, and drawing back the shoulders, and the lower pads pushing under and supporting the weak hips.

#### LETTERS FROM EMINENT MEDICAL MEN THROUGHOUT THE UNION.

*From Professor Mott, of New York, and others.*

The undersigned have examined Dr. Banning's novel views on the mechanical pathology of many affections of the viscera, and believe them to be highly interesting, and worthy the serious attention of the medical profession.

VALENTINE MOTT,  
ALEX. B. WHITING,  
STEPHEN BROWN,

J. KEARNEY ROGERS,  
STEPHEN R. KIRBY,  
H. McLEAN.



*From Professor Dickson, Charleston, S. C.*

*February 5, 1847.*

The principle which Dr. Banning has so ingeniously carried out, seems to me widely applicable to a large class of cases of suffering and debility in both sexes.

SAM'L. HENRY DICKSON, M.D.

I fully concur in the above.

JAMES JERREY, M.D.

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*From Professor Goddard, Philadelphia.*

*Philadelphia, Feb. 18, 1846.*

I have examined Dr. Banning's instrument for the relief of weakness requiring support, and have made practical experiment of the same, and am astonished at the results, and recommend its use to the serious consideration of the medical profession.

PAUL P. GODDARD, M.D.

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*Pittsburg, May 28, 1846.*

We, the undersigned, having used in our practice "Banning's Patent Lace," for the relief of cases of simple prolapsus uteri, cheerfully testify to its being the best instrument we have met with to fulfill all the indications required in the case, which can be required from an external support.

A. N. McDOWELL, M.D.

T. F. DALE, M.D.

JOS. P. GAZZAN, M.D.

*Savannah, June 11, 1847.*

DR. BANNING—Dear Sir: We, residents of the city of Savannah, have had frequent opportunity of witnessing the effects of your "Body Braces," and are convinced that they excel every mechanical instrument which has ever been invented to relieve the pelvis from the unusual pressure of the contents of the abdomen, consequent upon spinal and other organic affections, which so often baffle the skill of the most able physicians. We believe the principle to be a correct one, and, if judiciously applied, will do much good. Therefore we congratulate the public on the success of your labors wherever you have had an opportunity of imparting instruction. We sincerely wish you success in your endeavors to do good, and tender our best wishes for your prosperity, hoping you may enjoy a long life of usefulness.

Your friends,

H. K. BURROUGHS, M.D. (Mayor of the City.)

C. P. RICHARDSON, M.D.

J. C. HABERSHAM, M.D.

J. S. MORRELL, M.D.

A. CUNNINGHAM, M.D.

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*Louisville, Ky., February 20, 1849.*

DR. BANNING—Sir: Having examined your "Body Brace," designed for the relief of weakness of the pulmonary, digestive, female, and spinal systems, as connected with general or local muscular debility, it gives us pleasure to say, that we deem it a valuable discovery, as an auxiliary in the treatment of the above and analogous afflictions. In view of the anatomical and physiological principles of its constructions and harmony with the natural economy of the body, we also deem it greatly preferable to any other device in use. Respectfully,

T. S. BELL, M.D.

JOSH. B. FLINT, M.D.

LEWIS ROGERS, M.D.

W. C. GALT, M.D.

W. E. EWING, M.D.

*Southport, Wis., June 22, 1847.*

TO DR. BANNING—Sir: The undersigned having carefully examined and tested your "Body Brace," deem it due to you and science to say, that we consider it (when judiciously applied,) a most valuable desideratum in the treatment of all that class of bodily afflictions requiring mechanical support. Its lightness, coolness, and the facility of changing its points of action, we admire; but more especially, the abundant lifting action of its abdominal pad, and its efficient support to the spine and shoulders, by acting at the body's fulcrum, (or the hollow of the back) not at the shoulders, as contrasted with most other mechanical supports, designed to accomplish the same object. And allow us to add, that as your course here has been fair, gentlemanly, and professional, we recommend you to the fraternal courtesies of the medical profession, wherever you may go.

DAVID WALKER, JR., M.D.

O. JENKS, M.D.

F. W. HATCH, JR., M.D.

HAYS MCKINLEY, M.D.

*Extract of a Letter from Dr. H. H. Sexton, Galesburgh, Ill., June 28, 1848.*

DR. BANNING—Dear Sir: I wish you to forward me another supply of Braces; I have but four remaining of the fifty I purchased of you. \* \* \* I have used your Brace most successfully in cases of from two to seven years' standing, and knowing, as I well do, the great benefit derived from the use of the Lace, I presented it to the Medical Convention, which met at this place to choose delegates to the National Medical Convention, to be held in Boston next spring. I have engaged to supply several physicians with your Lace, also several of my own patients are now waiting for them. \* \* \* I could mention several cases of recent date, but will defer doing so unless you wish me to—presuming you have enough testimony already—for people here that have worn them could not be persuaded to give them up; one lady assured me that she would not part with hers for a dollar a day. I recommend them in all cases of Prolapsus Uteri, Dyspepsia, Bleeding of the Lungs, and all nervous affections.

Yours,

H. H. SEXTON.

#### EFFECT OF THE BRACE ON THE VOICE.

*From Rev. Caleb J. Tenney, D.D., of Northampton, Mass., late of Wethersfield, Conn.*

*August 5, 1846*

TO CLERGYMEN AND OTHER PUBLIC SPEAKERS.—Thirteen years ago I sustained a loss of voice, which, for three years, was almost total. Subsequently my voice has continued weak and indistinct. One year ago I commenced the use of Dr. Banning's Brace, and have found *very marked and decided advantage* from it, increasing the ease of speaking and the strength of my voice. Now, although I preach once or twice almost every Sabbath, I should scarcely attempt the service at all, if I had not in constant application the principles of Dr. Banning's Brace, which from my own knowledge of its certain utility in my case, I cheerfully recommend to all suffering a like calamity.

CALÉB J. TENNEY.

*Extract of a Letter from the Rev. David Caldwell, Rector of St. Paul's Church, Norfolk, Va.*

I am now truly rejoiced to hear you are coming South. I hope you will find the trip one of profit to yourself, for I am sure it will be one of benevolence



to others. If you wish, I would write you out an accurate description of *how great service your Brace has been to me, especially as a stay and support in speaking*. If I could not procure another, I would not part with it for *ten times its weight in gold*. I hope you will by all means visit Norfolk. I know many who need your Brace, and if they only knew its excellence, would furnish themselves with it. I am determined to keep a second Brace always on hand, provided against any accident to the first. I have been repeatedly urged to write to you for several of your Braces—and although wholly averse to engage in secular matters, yet I regard your “Body Brace” *such a blessing to individuals*, that if you will send me one dozen by Mr. —, or by the weekly packets between this port and New York, I will be responsible for them.

DAVID CALDWELL.

*For the Daily Globe.*

*Cincinnati, November 27, 1848.*

MR. EDITOR: It is proper when we have received a benefit by any remedial agent to acknowledge it for the public good. Having tried Dr. Banning's Lace for the support of the abdominal and thoracic organs, I hesitate not to give it as my opinion that it is well adapted to the purpose for which it is designed, and I would earnestly recommend it to all persons who, like myself, find it difficult to keep the body erect. I would particularly call upon public speakers who are afflicted with any weakness in the chest to procure this instrument, and make the trial of its utility. And I take the liberty also to invite the attention of medical gentlemen to the examination of Dr. Banning's book, entitled “Common Sense,” and to communicate to the public, in some way, their opinion of the correctness of its principles. I would myself review the work, if I were now in the practice of physiological and pathological investigations. I hope some one of our medical professors will favor us with the views of those who are competent to judge of the subjects treated by Dr. Banning. Respectfully,

WM. HENRY BRISBANE, M.D.

## CASES OF LUNG AFFECTIONS.

*Case of extensive Lung Affection.*

*Springfield, Vt., Nov. 1844.*

This may certify that for one year I gradually declined, laboring under a weakness, pain, and soreness of my breast, with cough, shortness of breath, and spitting of blood. I felt *sensibly* that I was *dropping* into the grave, when it pleased God to send Dr. Banning to our village, and immediately on wearing his Lace, and attending to some minor matters, a progressive improvement commenced and continues, and I am now comparatively *well*. I also am acquainted with similar other cases with similar results. I pray that thousands may try it; it will be a great comfort, should it not effectually cure.

GRATIA BURKE,

(Sister to Hon. Edmund Burke,  
Commissioner of Patents at Washington, D. C.)

*From Charles F. Pope, Esq.*

*Washington, Dec. 11, 1846.*

DEAR SIR: With great pleasure I bear testimony to the efficacy of your invaluable Lace. I commenced using one in June last, at which time I was in very feeble health, in consequence of a severe hemorrhage of the lungs, with

severe hemorrhoids from the slightest irregularity of the bowels, oftentimes continuing for a week, and leaving me very feeble, weakness in the back, and a most unpleasant sensation in the stomach, shortness of breath, and difficulty of retaining my food after eating. I was obliged to be very cautious, and not expose myself to the weather when it was the least unpleasant, the slightest change affecting me very seriously. The very day I first put it on I was greatly relieved from the sinking, unpleasant sensation in the stomach; I could walk or sit without experiencing the slightest pain in the back, and my chest felt as if it was relieved from a heavy weight. I could breathe freely with perfect ease; in a short time my food ceased to oppress me; the hemorrhoids were relieved; and that which had caused me the greatest solicitude, viz., bleeding at the lungs, entirely ceased. I have not lost one drop of blood from the lungs since I commenced wearing the Lace. I was also afflicted with a severe cough. So greatly have I improved, that my friends who have been absent from the city during the summer hardly recognized me on their return. I have gained in flesh, have a good appetite, and am able to eat food of any description that a well and hearty man can digest. Indeed, I feel almost like one risen from the dead. It was believed by all that my lungs were diseased, and that I must die of consumption. Such was the belief of my physicians; and I most firmly believe that many who die of pulmonary affection, might be restored to comparative health by the use of your Lace. I now attend regularly to my business, not losing a day, no matter how inclement the weather may be. I owe you a debt of gratitude that I feel will never be in my power to repay.

That you may long live to enjoy the blessings of this life will be the constant prayer of your friend,

CHAS. F. POPE.

Dr. Banning, of New York City.

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Miss Sarah A. Ferris, pupil of the New York Institute for the Blind, for several months declined in health, and for two months bled almost continually from the lungs, had a cough, and pain in her left side and breast, her strength and appetite failed, and was pronounced by the eminent of the profession in New York to be a hopeless case of consumption. Indeed, I was informed on my introduction to her, as she lay bleeding on a handkerchief in a steamboat, that it was not expected that she would reach home alive. Urged by the most humane motives, I introduced the philosophy of the Body Brace, and next day it was applied; and, strange as it may appear, she never bled *one* drop from that hour to the present time. Her general health immediately improved, and in a few days she took stage passage to Western New York, and in *six* weeks returned again to the institution, to the utter astonishment of all, especially her medical attendants. The effect of this case was confounding and electric. The physicians had said of her case, "it was hopeless," and "*rest*" was all that could be prescribed further than had been already; and yet in a *moment* she was better, *permanently* so, and in so strange a manner, and by such strange means too, that they oft repeated the question, "What did he do?" and the matter was turned every way to ascribe the relief to former treatment, but without success; and I am sorry to say I have been informed that other emotions than those of joy and gratitude filled the bosoms of some who had previously attended her.

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Mr. Robert Moore, of Philadelphia, had a son who was so much wasted as to be unable to sit or stand without great pain. On application of the Brace (which was done against his will), in a few minutes he said, "Father, before



putting on the Brace I could not breathe nor stand without great pain, or drawing from the bottom of my abdomen; but now I can both breathe and walk like a major." His father observed to me: "He is surprisingly comforted; but he must die;" and in about four days he was dead.

The above and the following parallel cases illustrate the value of the Brace, even in *fatal* cases of consumption, by prolonging life and mitigating the pangs of the last hours.

*Extract of a Letter from Rev. Dr. Hoyt.*

*Athens, Ga., Feb. 2, 1848.*

Of your Brace I have a very high opinion. Said Miss W. (whom you visited a few days before she died of consumption), a few hours before she died, "O what a relief has that Brace afforded me in my distress!" She could not be prevailed upon to take it off while life lasted. She so often spoke of the relief afforded her by your Brace, that I thought it but proper to make known to you the fact. I am, dear sir, most respectfully yours,

N. HOYT.

### CASES OF DYSPEPSIA.

*New York, 38 Catherine Street.*

DR. BANNING: Such has been my relief from the use of your Brace, that I can not refrain from asking you to receive and promulgate my testimony to the world. For several years I have been the most miserable creature, both in soul and body, that ever lived, from indigestion, costiveness, weakness, and burning at my stomach, spitting up my food, or groaning under the retainure of it; great weakness at my sides, breast, and back; also a nervousness that perfectly unmanned me; my mind, also, was dark and distressed, and all was woe, horror, and despair. For years I did every thing that could be done—I say every thing—without avail. Since the application of your Lace, even the same day, I have been happy, mind clear and cheerful, strength improved, bowels regular—perfectly so, digestion *good*, and stomach strong, etc.; indeed, I am radically relieved. I beg all who live sedentarily, sit much, or stoop, and complain of any variety of dyspepsia, weakness of body, etc., to try Dr. Banning's Brace in preference to any other, or to medicine.

Respectfully, etc.,

M. R. BGGLETON.

*New York, May 8, 1845.*

DR. BANNING: For six months previous to wearing your Brace, I was perfectly feeble and miserable in body and spirits. Indigestion, with all its attendants, such as heartburn, spitting up of my food, pain and sense of burning and "*gone-ness*" at my stomach, preyed upon me, until life was a burden, and I was not likely to be troubled with it long. My back and limbs were exceedingly weak, and gentle exercise was followed by great fatigue. Since the use of your Lace my digestion is good, stomach relieved of its former troubles, my back and limbs are strong, my flesh, but above all, my spirits, have returned, and nature and society wear a new face to me. I feel that there are *thousands* similarly afflicted, whom medicine can not relieve, and who must live miserably, or die ultimately, except they use your Lace. Hence my philanthropy triumphs over my feeling, in thus publicly giving my testimony for the benefit of the world.

R. P. PRICE.

New York, April 15, 1844.

DR. BANNING—Sir: Previously to calling on you, I was making arrangements to depart for Sweden, for my health, so terribly was I afflicted with dyspepsia, debility, and dreadful gloom and lowness of spirits. I had no appetite, and no alvine evacuations, without the use of the most powerful medicines; my abdomen always tumid with "*flatus*"—my business energy and social enjoyment were gone. I was unable to endure exercise, could not walk or ride with ease, and the world had lost all its charms to me. Meantime I had tried, without much avail, every and all the means which *regulars* and quacks could recommend. On trial of your Lace, I found myself immediately better. In three hours after, I had a regular evacuation accompanied by flatus, which was a *luxury* unknown before. My spirits returned, and strength also. I advise every body complaining of a weak back and stomach, and other analogous affections, to make immediate trial of the Lace.

Most respectfully,

LEWIS J. MAGNUSSEN

Raleigh, May 11, 1847.

TO DR. E. P. BANNING—My Dear Sir: When I called on you while in this city, in January last, I told you that I had been for years very much afflicted with dyspepsia, weakness of the back and breast, and a most distressing cough and difficulty of breathing, together with great debility of the whole system. I could not eat any thing without creating the most disagreeable sensations; and at times suffered the deepest depression of spirits, which rendered me unfit for business or enjoyment of any kind.

You advised me to try one of your Body Braces, which had been often applied in similar cases by others with great success. I did so, and found great relief, even before you left the city, in a few days after; and now I am happy to inform you that I can eat whatever I please, without any inconvenience whatever; my cough has nearly left me; my back and breast pains are entirely removed, my dyspepsia cured, and my general health is improving; and I am perfectly satisfied that, by persevering a little longer in the use of the Brace, I shall soon be restored to as sound health and spirits as I ever enjoyed. I do not think I should be extravagant in saying, from the first to the last, previously to the application of the Brace, that I had expended, for various remedies to heal my distressing and multiplied maladies, at least one thousand dollars, without deriving any sensible benefit from them whatever. The application of your invaluable Brace, by affording mechanical support at the proper place, to a long afflicted and debilitated system, has accomplished the object; and if I could not procure another to supply its place, the offer of one thousand dollars would not induce me to part with it.

Therefore as an act of justice to a public benefactor, and for the benefit of the afflicted, I most cheerfully furnish this testimonial in favor of the great utility of the Brace, and especially for all persons who are or may be similarly afflicted as I have been.

With great respect, I remain, dear sir, your ob't serv't,

GEORGE FISHER.

#### CASE OF COSTIVENESS, PILES, AND SICK HEADACHE.

Warren, Pa.

For twenty-five years I was sorely afflicted with obstinate costiveness, piles, terrible sick headache, and melancholy to such an extent, that about one third



of my time I was unfit for corporeal or mental labor, I was soon *perfectly* relieved of them *all*, by the use of Dr. Banning's Lace. Two years have now elapsed, and no return of my former troubles. I have also seen hundreds of similar cases equally relieved by the same means. I believe it will be *invaluable*, at least to all who are similarly afflicted.

ARCHIBALD TANNER.

### CASES OF FEMALE COMPLAINTS.

*Extract from a Letter of a Lady, to her Brother, a Physician.*

DEAR BROTHER: \* \* \* After trying various other supporters to no avail, I was induced, by a friend, to try one of Dr. Banning's Body Braces; have worn it some time, and can testify that language is inadequate to express the relief I have received from it. That constant dull pain in the right side is wholly removed by its use; likewise the pressing, bearing down of the abdomen; the piles and constipation of the bowels are all relieved. You well know how difficult it has been for me for years to walk any distance; but since I have worn the Brace I have walked miles daily with slight inconvenience. I could not believe any thing could have been devised that would so perfectly support the body. And now, my dear brother, I want you to recommend this most useful instrument to all your patients afflicted as I have been.

M. K. EVERET, *New York.*

*Letter from Capt. Thomas T. T. Tabb.*

*Dover Mills, Va., April 16, 1847.*

GENTLEMEN: It affords me much pleasure to say to you, that the Brace you kindly sent me on trial some two months since, has been of incalculable benefit to Mrs. Tabb, having done for her more than the best medical aid could effect in the three previous years. For nearly four years Mrs. Tabb has suffered with prolapsus, and has been compelled to keep her bed for months at a time, and was unable to walk or ride. Since the use of Dr. Banning's Brace she has almost recovered, and exercises freely, walking faster than many in perfect health, and occasionally rides in a buggy twenty miles without the *slightest* inconvenience. It would be a difficult matter to induce her to part with it, believing as she does, that it is a wonderful invention, and *most invaluable*. Several persons who have observed this case have been induced to try the Brace themselves, and they likewise are doing well, and greatly pleased with it. I have an aversion to appearing in public prints, but believing, as I do, that the Brace, properly applied, will benefit all suffering, as in the case referred to, and being myself truly grateful for the benefits my wife has received, I do not feel at liberty to say you must not publish this, if in your judgment you ought.

THOS. T. T. TABB.

*North Providence, December 12, 1845.*

DR. BANNING—Sir: After reading your book to get your views on chronic diseases, and after wearing your Brace, you will undoubtedly be desirous to have my opinion of them. The truth is this: I think that you, and those who have tried the Brace, have not recommended it above what it deserves, and feeling a deep sympathy for the afflicted, I would wish, if possible, to express in some degree the benefit I have received therefrom. For nearly eight years past I have been afflicted with prolapsus; sometimes constipated, and at other

times looseness of the bowels; a general debility of the system, griping pains, and in fact so many were my troubles, I shall not attempt to name them. For weeks together, the irregular state of my stomach and bowels have affected my head to such a degree that I feared my mind would become weakened. My wish was that by death, or some other way, God would interpose for me, but if it was His will, I was willing still to suffer. At this time it was my privilege to try your Brace, and to my great astonishment I have found immediate relief. I can say I feel once more natural; my life, which had become a burden, is now changed; praise be to God, who put into the mind of man to work out such an invention for the relief of the afflicted. Two weeks only have passed since I have applied the Brace, and my health is fast being restored; my bowels have become regular; the sinking sensation at my stomach has vanished; the pressure and inward heat, from which I have suffered so much, have disappeared. O what a relief from this dreadful state of body and mind! And knowing of many others suffering from the same cause, that have in times past sympathized with me, it is my heart's desire that God will hasten the time when I may stand, a living, happy witness before them of the efficacy of your remedy, and to show what God, through your instrumentality, has done for me, that they also may find relief. May God bless you and yours, and give you great success in relieving the afflicted; may you have the pleasure of seeing many a countenance changed from sorrow to gladness; and, while your patients are returning their obligations to you for relief, may you not forget to remind them that praise belongs to God—telling them that you have no power but what He has given you. Amen.

From your most humble patient,

H. W.

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#### CASE OF MILK LEG.

DR. BANNING—Dear Sir: It is not my wish to appear before the public in the character of a CERTIFIER, which has become so very common and of everyday occurrence, that the community generally pay very little attention to such things; but it is due you to inform you what benefit I have derived from the use of your invaluable "Body Brace."

For twenty-four years I have been afflicted with Milk Leg; at periods, of course, not so severely as at others, but for that length of time I have been suffering with this complaint.

For the last two months (with the exception of seven or eight days) my sufferings have been very severe—so much so that I could scarcely bear my limbs under me; nor could I, for days in succession, walk at all, without other assistance than my own exertions. Eight or ten days ago, as you are aware, my husband procured for me one of your Braces, which I have been using ever since, and I am happy to inform you, that from the second day after I put it on, my leg has assumed a very different appearance, and my health very materially changed for the better. You perceive I say the *second* day, for I must inform you that the first day I wore the Brace it made me deathly sick; so much so that I thought I would have to abandon it, and, indeed, had to take it off. (I believe you have since informed me that when this symptom occurs it is regarded as favorable.) However, the next morning I put it on again, and since that time I have had no return of that sickening kind of feeling, but, on the contrary, I have experienced such pleasant assistance and support, that I would not, for almost any consideration, part with my Brace. Independent of the bodily support it is to me, I feel satisfied, from the change it has already made, that



my limb, with the blessing of God, will get well, for I am now walking without limping, nor do I feel any pain whatever.

It is not now necessary for me to say that the disease had settled or terminated between the knee and ankle, and had become a running ulcer, accompanied with hardening pain and inflammation, for you saw it, and know how bad it was; but, to the astonishment of myself and family, the sore has entirely healed up, and the limb has a much more healthy appearance than it has had for a number of years, and to the use of your Body Brace do I give all the credit.

If I could render to you, or more particularly to any individual in the community, any service by information of the benefit I have derived from the use (for so short a time as I have had it) of your invaluable invention, it would afford me much pleasure; and for that purpose you may at any time use my name.

Respectfully, your friend,

MRS. D. W. MILLER,

*Liberty Street, Corner Evan's Alley.*

NOTE.—The open ulcer upon this lady's limb, and the attendant hardness, coldness, and blackness in the vicinity of the ulcer, was caused by abdominal weight upon the vessels nourishing the limb, thereby obstructing its circulation—and the wonderful change was wrought simply by the Brace, in lifting the sunken organs off from these vessels, thus mechanically removing the impediment to free circulation of blood in the arteries and veins of the limb.

*Boston, 1844.*

The undersigned of the ladies of Boston and its vicinity, take pleasure in certifying that, on their persons, Dr. Banning's Lace has been immediately and incomparably more efficient for the relief of female weaknesses than any other instruments in common use. We believe it to be an invaluable appliance, and recommend it to the confidence of those requiring support. When well adjusted, we have found it perfectly comfortable in its bearing on the body.

MRS. NEWCOMB,

" TUCKER,

" PERKINS,

MRS. FRENCH,

" BRAMHALL,

" PORTER.

#### EFFECT OF THE BRACE IN LEUCORRHŒA, OR WHITES.

CASE 1.—Mrs. W., of Pittsburg, Pa., aged 31, had been for years afflicted with leucorrhœa to a ruinous degree; her strength and spirits were gone; her countenance became sunken and dejected. She was continually indisposed to move, and spent her time in weeping. Leucorrhœal discharge was continual and abundant; in short, she was but a wreck of what she had been, desiring to die, and refusing to be comforted. The Lace was applied in her case, and in less than one week, she informed me that she was relieved of the malady, and that the change in her body and mind was surprising; indeed, it was obvious to all who looked upon her. In the short space of one week she superintended the female department of a large public house.

CASE 2.—Miss F. J. (unmarried) was a case nearly similar to the above; her whole surface had become blanched, cold, and leaden; her limbs weak, tremulous, and painful; her countenance dejected and despairing, and her form bent like figure IV. All her former life and sociability were gone, and a kind of gloom and despair overspread her, in her appearance, and in all her

intercourse with the world. The leucorrhœal efflux was extreme and continual, until at length she was unable to bear the motion of a gentle carriage, and even to walk across the room, without a continual tendency to fainting. Palpitation of the heart and dizziness were among the very troublesome symptoms. This lady applied the Lace, and, within one week after its application, she informed me that not only were the effects of leucorrhœa, but all the symptoms just enumerated, relieved, and that the leucorrhœal discharge itself was dried up; this has been permanent in this and the other cases.

CASE 3.—Mrs. G., Pa., (married) was an extreme case of leucorrhœa, for which I had given powerful doses of tincture of lytta, the terebinthines (the turpentine preparations), and all other remedies of repute for this complaint, but with no real advantage. I will simply say that I will let the description of the above two cases answer for the description of this. The Lace was applied, and the effect was instantly such as was expected and desired.

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### EFFECT OF THE BRACE IN PROFUSE MENSTRUATION AND FLOODINGS.

On this head, referring the reader to her own "common-sense," I simply extract a case or two from "Common-Sense," without comment: p. 174.

CASE I.—Mrs. P., of Pennsylvania, aged 45, mother of a large family, was for nine years afflicted almost to death with flooding, or rather a mixture of profuse menstruation and hemorrhage. Sometimes the attacks were very sudden, and threatened instantaneous death, and would last for three or four weeks. She seldom passed more than three weeks, and often not more than one, without its recurrence. In connection with the wasting away (which occupied the anxiety and attention of both the patient and the practitioner), there were all the morbid effects of general relaxation. Her nervous difficulties were extreme, and dyspeptic ones also. Constipation of the bowels was constant and very obstinate, defying all the ordinary means of relief. She could walk (sometimes) a half a mile per day, but generally was confined to the house, if not to the bed. Every thing in the form of local and general treatment was tried and tried again, but with nothing but a transient temporizing effect.

It now being nine or ten years since her affliction commenced, I applied abdominal support. Suffice it to say that her spirits and strength immediately returned, and in one week she rode, daily, several miles, and one day walked the distance of three miles. Her attacks ceased to be much too frequent, and were not as severe. In short, she was a new woman.

This case taught me much, and led me to see that more was yet to be discovered, and that our curative efficiency lay in very simple principles, and their application to the system. In this case, the wheels (or parts) were all put in their proper place and apposition; this being done, the nerves became quiet, especially the nerves of organic life, whereby the obstructions to the action of the vital energy were removed, giving nature every chance to carry out her wonted intentions.

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### EFFECTS OF THE LACE IN PREGNANCY.

Perhaps there is no sphere where the Brace acts with such extensive and salutary power as in the varied conditions incident to *pregnancy and childbed*.



In the early months of pregnancy, particularly in the case of delicately-raised ladies, it is well known that there is a sense of great weight and pressure, and consequently a great tendency to miscarriage, in consequence of a great weakness of the uterine ligaments and of the supporting abdominal muscles. I have many cases on my mind's record, where the Brace has not only relieved the pains and inconvenience in such cases, but has carried the lady through, after having suffered from six to eleven abortions—some of which I quote from my "Common Sense," on this subject, and others from my Case-Book.

CASE 1.—Mrs. B. was on her *journey* with her second child, and in her seventh month. She had suffered exceedingly for months, with obstinate constipation and its effects, great weakness of the limbs and pain in the back, with strange sensations running up the spine, entering the head and "*sprangling*" out (as she expressed it), making her feel as though she would fall down in a fit; her spirits were exceedingly depressed, and her stomach exhibited every variety and degree of irritation that such patients do. Her cramps were severe. Her hips, she said, would come apart; her veins were very varicose and painful, her limbs exceedingly painful and heavy, and, indeed, she walked by the aid of whatever was in her reach. I was compelled to bleed her often to save her life, apparently, when she seemed destitute of blood. I had reason to fear that she would not survive the journey. At this juncture an inguinal hernia (or rupture of the lower belly) broke out, which compelled me to apply a large truss.

Soon after this application I saw her, and inquired as to the hernia. "Why," said she, "that is gone, but that is the least of all; ever since I have applied the truss, all my pain in the back, head, abdomen, hips, and limbs has gone; I feel as light as a bird." She flew around and seemed in ecstasy. Every thing was relieved, and the necessity for my former treatment was obviated.

I never shall forget the reflections which this case brought over me, nor the light that burst in upon my mind, nor the resolutions of reformatations and improvements in practice I then formed.

CASE 2.—Mrs. J., Ct., was in her eighth month of pregnancy. She was borne down with gloom, derangement of the brain, stomach, back, and limbs; her sense of weight was intolerable, and her limbs refused to carry her. It was with great labor that she could walk at all, and faintings were very common when she attempted a half-mile walk, leaning on the arm of her husband. The Lace was applied, and instantly, as by a charm, every symptom, so indescribably distressing and inconvenient, was relieved. She informed me that although to even superintend her family affairs was a heavy undertaking, she could now engage in the labor with delight, and without inconvenience. Her husband also informed me, that in lieu of hanging on his arm in a short walk, she could now walk blithely to his father's (a distance of over a mile), without any faintings or fatigue. I feel deeply the importance of pressing home this subject on the minds of the people and the profession, not pretending that the Lace can do every thing in these cases, but that it can do incalculable good, and what nothing else can do, and that in a most harmless way, saving much strength, pain, and vital energy. I should delight to introduce several other cases in point, but want of room forbids.

#### EFFECT OF THE BRACE IN CHILDBED.

When we consider how suddenly woman's condition is changed on delivery—from a very compact condition of the internal parts, and a tense condition of

the surrounding muscles, to a perfectly loose and rolling, hanging condition of the parts, and an exhausted and collapsed condition of the muscles—we can not wonder at the sensations of which she complains; and also at the great amount of ill-shape and prolapsus uteri consequent upon childbearing.

Experience has tested the necessity of support at that time, but the inconvenience and inefficiency of bandages has become but too obvious. (See "Common Sense," p. 170.) The reader, now ere examining the exposition of our fundamental principles in the first pages of this pamphlet, will see the force of the subjoined cases extracted from "Common Sense," pp. 171 and 172.

CASE 1.—Mrs. B. was delivered of a large boy, and was exceedingly smart, so that she was in the kitchen on the third day. I will here premise that I had faithfully applied the bandage. The consequence was, that she was confined to her bed for seven days; any attempt at the inclined or erect posture being attended with a most distressing sensation of sinking or faintness in the region of the stomach; or, as she expressed it, such a "dragging, such a gone-ness, sinking, it seemed as if she could not breathe." She felt it from the throat down to the hips. She ate continually, and said it was all the comfort she had, "for it filled her up, and relieved the sinking and gone-ness." She complained of great and insufferable bearing down on the pubes, accompanied by the to be expected sense of weight and dragging, or grinding in that region, and in the small of the back.

Her limbs and hips were agonized much on sitting, or by motion; the head partook largely of the swimming and dizziness usually attending such affections, accompanied with confusion of ideas, and all this was constantly recurring on any attempt to turn or rise. Difficulty of respiration and palpitation were also distressing. Her abdomen was perfectly flabby and pendulous, and the stomach very much retracted. Plasters, bandages, and tonics of every variety, and in any quantity were administered with but a very transient effect.

On the seventh day, in the evening, after a most desponding fit of crying, she said she believed that a supporter would do her good; accordingly an imperfect one was applied. She arose to her feet on the bed, and adjusted it (a thing she could not have done previously without fainting). She exclaimed, "There, I am well now." She then stepped deliberately off from the bed with ease, walked to the fire, and partook cheerfully of a repast. In three days she rode ten miles to visit her friends.

This case made a deep impression upon my mind, partaking both of joy and chagrin; for I saw not only the effect in this case, in thousands like it, but I also saw, like a flash, that the medical world was in the dark, and had made sad work with many constitutions by medicine, when all that was wanting was support to the mechanical relations. I also saw that they would for ever remain so (probably), and leave thousands unrelieved, by improper applications to them. Since then has my heart and pen been devoted to this theme; and tongue can not communicate the extent of my success, and the glorious and happy results to the devoted sufferer.

Very many other cases have come under my observation like the above since, though not quite so marked; and as there is such a sameness in them all I shall deem it expedient to mention only one.

CASE 2.—Mrs. L., N. H., had been delivered about three weeks, and was coming up like most other ladies, sitting up most of the time, or dragging round slowly, complaining of want of strength, particularly on sitting or standing, but was told by her doctor that she was getting along finely, and was so considered by her friends and by herself also. The Lace was applied, and to her surprise she was a woman at once. She immediately attended to her own room and



child, and was pleased and invigorated by the exercise. Suffice it to say, that all concerned were surprised and delighted. I now close this subject by saying, in all honesty and candor of soul, try this remedy, and examine these views relating to pregnancy and the childbed period, and see if the most happy results do not accrue.

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### CHILDBED GIRDLE.

But there are many cases of pregnancy where, from the shape of the patient, she is unable to wear the Brace, the weight upon the hips being too great; and, in order to meet this difficulty, I construct a broad hoop or girdle, well cushioned and locked in front like the Brace, and made to exactly fit, which goes round the hips, like a ring, several inches below the tips of the hip bones. This, of itself, gives great support, but may have all the parts of the Brace attached, without any hurting of the hips.

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### WEAKNESS OF THE HIPS IN PREGNANCY—CHILDBED AND HIP DISEASE.

There are numerous cases where pregnancy induces a most inconvenient and painful weakness, and "sense of coming apart of the hips," which often deprives the patient of those exercises and that fresh air which are so essential to her health and spirits. But, more especially, after childbirth, and as an effect of the same, is this the fact, varying from weakness to almost dislocation, causing great pain and confinement to bed for weeks and months. For such cases, the childbed girdle (with or without the Brace pads) is most comforting and effective; *actually binding the strained parts together*, and enabling the patient to derive strength from air and exercise. It should be the invariable accompaniment of the pregnant and childbed state.

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### OF THE SPINE.

It is my object, in the next remarks, to expose the popular error that shoulder Braces and other fixtures are proper in cases of drooping and deformity of the upper trunk, and a *careful* perusal of the argument is invited.

On looking at fig. V. you see the spine so curved forward at the *small* of the back as to be directly under the shoulders, making this part the body's *pivot*, or *center of gravity*, upon which the body's weight is balanced. The proof of this is, that the plumb line dropped from the crown of the head, falls *through* or *near* the spine at its "*small*," or "*hollow*," leaving as much behind that point as before it, and drops at the ankle joint when plumb erect, or a little before it, when we incline, a little over the *ball of the foot*, as in the military attitude. This shows that the erect posture depends upon pushing the *center* or *pivot* under the shoulders, and not on drawing back the shoulders over the pivot, as is commonly supposed.

In *proof* of this, see fig. VI., which is fig. V. more drooped (taking the "Grecian bend"). We see the shoulders *apparently* fallen forward, and the spine straightened; but, on looking at the plumb line down the *center* of the body, we find, while it is the same at the head and foot, as in fig. V., it passes much farther *forward* of the shoulders and hollow of the back—showing that the fault in the change is, that the *pivot* has *receded behind* and *from under* the shoulders, and not the shoulders *fallen in front* of the pivot.

The inference is, that the cause and rationale of a curved or drooping form

lie at the hollow or base of the spine, and not of the top, *i. e.*, the cause is at the base, and the demonstration at the other extremity of the spine.

A *proof* of this is, if you push an erect person firmly at the hollow of the back, he can neither bow nor droop his shoulders at all. See fig. V. But draw away your thumb one inch, and he will bow, and the hollow of the back will retreat and touch your thumb.

Another *proof*—push firmly with your thumb on the kidneys of a curved or drooping person (see fig. VI.) and he immediately erects himself, because (as in fig. V.) the base is pushed under the apex of the body.

We see, hence, that no corsets or shoulder braces act naturally, for they restrain motion, and operate on an *effect*, and not on a *cause*.

We also see that when there is a posterior curvature at the base, by pushing forward at that point, we correct the deformity at the shoulders; and, when there is a lateral curvature, with enlargement of the hip and depression of one shoulder, if we press upon the curvature at the base, we urge it gently, but steadily to the center and under the body, thus elevating the whole body and opposite shoulder.

Take any weak or curved person; take off all their supports, and cause a friend to press forward with the thumb and fingers each side of the spine, opposite the kidneys, and they will immediately straighten easily; then, let the friend *lift* the abdomen with the other hand, and they at once breathe easily, and feel surprising and general support.

This action at the lower abdomen and small of the back is natural and “concordant,” and any other *deletes* the patient with a *show* of doing something, and that at the expense of liberty and comfort.

In one word, we see that whatever presses forward upon the small of the back, and gently *lifts* the sunken abdomen, will re-balance the body, and take undue weight from the vessels of the lower extremities, and from the lower bowels, bladder, and womb, and its cords; that it will repack the loose and pendent abdominal organs, and cause them to be properly elevated to, and expand the waist; and, also, support and stimulate the organs of voice and respiration.

I have only to add a single remark on this head, *viz.*, that about all complaining of all or a part of the above symptoms approximate nearer to the condition and form indicated in fig. VI. than in that of fig. V., and that their *feelings* compare with the same.

For an ample and argumentative illustration of the above principle, I refer the reader to my little work, entitled “Common Sense,” to be had of me or my agents.

### SPINAL CASES.

A prominent object in the following cases is to show the superiority of support at the base and not at the top of the trunk, or at most, that in all cases where superior support is requisite, the Lace must be peculiarly so, to give efficiency to the former.

CASE 1.—Miss H., Ct., a young lady, had for 4 or 5 years been afflicted with spinal IRRITATION, so much so that the gentle passage of the hand up and down the spine produced a general horror or shuddering, with a snapping of the eyes, and a strange feeling in the head. She had been unable to sit or walk erect, but dropped on one side. The head ached continually, and the mind was always confused, and could not endure mental application. The stomach was retracted, the lower abdomen tumid, and respiration short; the figure that of number IV. I had no faith that any thing could be done in her case, as it was extensive and severe, and had been treated by all the eminent men of the profession in the



vicinity. But the Lace was applied, and astonishing to tell, she exclaimed, before she arose from her recumbent posture, "I feel better!" and on rising, she said, "My head has not felt so clear for a year." All uneasiness was gone; she sat and stood erect with ease, and she was afterward able to apply herself to studies and various manual duties with pleasure.

CASE 2.—CURE OF CURVATURE WITHOUT IRRITATION.—Mr. A., of Ct., was a large and fleshy man; his form was greatly bent to one side, so that one shoulder was much the lowest; his spine was much curved, but with no tenderness or pain. The abdomen was full, heavy, and pendulous; he was unable to walk more than a few rods, on account of great weakness in the back, or giving way in it, through the great weight of the trunk, it falling and pressing out of the axis of the body, the equilibrium of the muscular action was broken. So great was his deformity that I considered him a hopeless case; but I found that he could straighten the curve when in the recumbent posture, or by hanging to a hook or rope. The Lace was applied: he arose and stood firmly on his feet, and erect, too, and said that he felt strong and well. This effect continued to be permanent.

In this case the Lace took the burden, and relieved the spine of its load, whereby the remaining muscular energy was able to carry its charge erect. This shows that curvature should not be treated by compression, but by support, and the cultivation of equal exercise in the antagonistical muscles.

CASE 3.—Miss L. and Miss M., two young ladies, milliners, were unable to labor in consequence of a universal tenderness of the spine. The mind, the heart, the stomach, bowels, and uterus all shared to the full extent in the derangement, constituting them two most miserable beings, without comfort or prospect of it.

Let it suffice to say, that the application of the Lace removed ALL the aggravating symptoms, and restored them immediately.

CASE 1.—CASES SHOWING THE SUPERIORITY OF THE LACE OVER THE BRASS CORSET.—Miss P., a young and beautiful lady, had lost one sister of irritation and distortion of the spine, who died under the ordinary treatment of brass stays and severe lacing and pressure. She herself was verging to the same condition, and had visited an institution which gave special attention to these complaints. She wore a brass corset or jacket, which nearly reached round her; it covered her whole back. When it was well laced on she could remain quite straight by leaning on it, but on removing it she was "lost and gone," as she said. The Lace was applied in her case, and in one moment she declared that the actual support that it gave was greater than that of the corset. She also had more liberty and ability to move, and to call the palsied muscles into use. She continued to use the Lace, declaring great preference in its favor.

CASE 2.—Miss E., of Southbridge, Mass., had been an inmate of an institution for the treatment of spinal affections, and had worn the corset for several years. It completely emaciated her, and weighed several pounds, and served truly to hold her up considerably, for she was terribly deformed. On hearing me lecture on the philosophy of spinal curvature, and the proper manner of applying support, and of its action, she determined to try the Lace. The corset was removed, and the Lace ONLY was applied. She instantly observed that she felt stronger, though she felt lost without her corset. She never re-applied it. Her form actually improved, and her strength also.

The secret of the whole was that now the weight was removed from the curved spine and weak muscles by means of the lifting agency of the bowel pad of the Lace. 2d. That the small or movable part of the back was pressed forward and sustained there by the back pads. 3d. That the shoulders were

drawn back and held so by pressing the elongated muscles to the back. Want of room prevents citing any more cases in point.

Now when we see that the brass corset holds the body up, and the Lace makes the body hold ITSELF up, we must discover that the latter is and SHOULD be preferred in all cases of spinal weakness, and I give the few following reasons, viz.: 1. It does all that ANY instrument can do. 2. It does all it does do without any undesirable contingency. 3. Because it is so light, so convenient, and so easy of application and removal. 4. Because it affords its aid sooner than any thing else.

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*The following Letter from Rev. C. H. Page, recommends in the strongest terms "Dr. Banning's Braces."*

*Louisville, January 25, 1849.*

TO THOSE WHO ARE AFFLICTED WITH WEAKNESS OF THE SPINE—Having performed without inconvenience, with the support of Dr. Banning's Body Brace, two public services, requiring the standing or kneeling posture, besides riding on horseback and walking some miles, I found myself during the Sabbath and the following day exempt from pain of the back, to which for years I have been subject, and from which I have thought that I should be compelled to relinquish the ministrations of the sanctuary.

This statement is made from the conviction that the Brace is a valuable appliance, and will be of advantage to those who are engaged in public speaking, and especially those afflicted with spinal debility. CHAS. H. PAGE.

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#### TO THE AFFLICTED.

*Cabotville, September, 1844.*

This may certify that we, the undersigned, have for several years been afflicted with double spinal curvature, so as to materially distort and enfeeble our bodies, and depreciate our comforts; and that by wearing Dr. Banning's Laces, we have found immediate relief to our pains and weakness, and some of us to our deformity; but especially to the pain and weakness at the small of the back and between the shoulders. We would not sell the privilege of wearing the Lace for any earthly consideration. We find it a perfect substitute for the corsets and shoulder brace, and superior to any other article. May thousands try it.

ELIZABETH CHAPIN.

A. MARIA LEE.

NANCY D. TWICHELL.

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*Raleigh, January 29, 1847.*

DEAR SIR—It will be gratifying to you to be assured, before you leave town, that I have derived signal advantage from the use of the Body Brace. I had not worn it many days, when I was enabled to walk six miles in the country, after which I felt less fatigued than I did in walking the distance to the hotel, when I first called upon you. It is an admirable contrivance as a mechanical support, and is exactly suited to my case. The pads on the back and hips give strength and compactness to those parts, so that I feel more at ease either in motion or at rest; and whether my infirmity be spinal or sciatic rheumatism, from which I have suffered much for several years, I now look forward with confidence, at no distant date, to a complete restoration.

Wishing you a pleasant journey, and every success in the object you have in view in undertaking it, I remain very respectfully yours,

GEO. SIMPSON.



## LETTERS FROM SPINAL PATIENTS.

*Letter from Commodore Jones**Near Prospect Hill, Va., Dec. 8, 1846.*

DR. E. P. BANNING—Dear Sir : Ever since the year 1814, when I received a severe gun-shot wound by a musket ball, which still remains in the body, I have suffered much from what is commonly termed a weak back, and pain in the back, etc., etc., so much so, as at times to destroy all comfort, unless supported by an arm-chair or the like—consequently riding on horseback, or remaining long on the feet, was productive of much pain. I had tried various Belts, Russian and others, all of which I found to be worse than the disease. Finally, I determined to make one more effort in search of relief, and, as you recollect, called at your office, Broadway, New York, in the early days of October of the present year, and had one of your Braces adjusted to my body, *on trial*, for a few days. Suffice it to say, that at the end of three days I called and paid for the Brace, which I have worn ever since, *except an interval of two days*, after my return home, when I laid it aside with a view to ascertain how far the relief I experienced was real or imaginary.

Since I have been wearing your Brace, I have been exposed to some severe and long exposure, without rest. On one occasion I left my breakfast table at half-past 8 o'clock, rode seven or eight miles, alighted, and *remained on my feet*, walking but little until dark, rode back to Washington just in time to meet an evening's engagement, where I remained till 11 o'clock, *without sitting down at all*, except when riding, from half-past 8 A. M., till half-past 11 P. M., and this without the slightest inconvenience at the time or subsequently. Without the Body Brace I could not have endured half the fatigue without great inconvenience and pain at the time, and feeling the effects for several days afterward.

Previous to wearing the Body Brace, I was in the habitual use of the Friction Brush, which I thought of great service to me, and for several years I supposed I could not live without it. Now I have laid it aside, having had no recurrence of the symptoms which induced its use since I wore the Brace, and I feel warranted in saying, that not only has my ability to endure fatigue been greatly renovated by Dr. Banning's Brace, but that my general health has also improved under its use. Wishing you a successful tour in your *pilgrimage* for relief of suffering humanity, I am yours, gratefully,

THOMAS APC. JONES, U. S. NAVY.

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*From Rev. Dr. Strong.**Colchester, March 4, 1847.*

DEAR SIR—In reply to your inquiry respecting the effect of Dr. Banning's Body Brace on my daughter, I can speak with confidence that it has been *great and good*. The Brace has been *emphatically* a Brace, not merely in giving tone to the part principally affected, but in giving strength to the whole spine, and to the muscles attached. I am prepared to recommend the Brace to all persons afflicted with spinal affections, believing that if they are not in every instance entirely cured, their suffering will be greatly diminished.

LYMAN STRONG.

FIG. XIII.

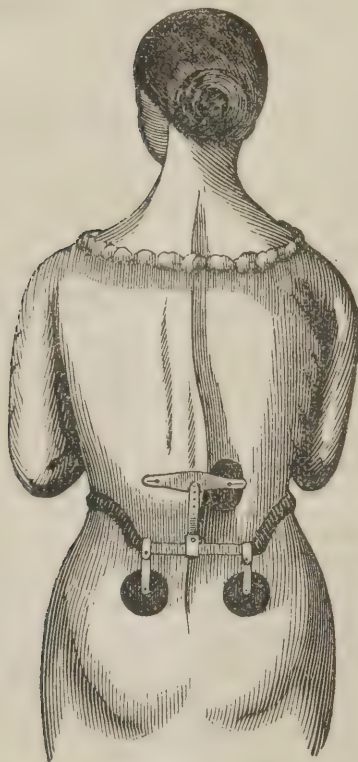


FIG. XIII. is meant to represent a case of spinal curvature to the right of the hollow of the back, with one spring or pad pressing against the curvature, restoring the central and perpendicular center of the body's gravitation, and of course, in so doing, correspondingly increasing its height. If the curvature be to the left, the pad will be applied to the left.

But still, there are *some* cases of deformity and drooping which, from great debility, and rigidity of parts concerned, or refusal of the patient to co-operate with the Brace and nature, require for a time some additional support about the chest, which should always be attached to the Brace or pelvic girdle.

Accordingly (see fig. XX.) I extend in some cases a support from the Brace up the sides, so adjusted as to pass under the arm or front of the chest, leaving the shoulders free—either supporting the body's weight or compelling the subject to straighten up to keep out of its way, thereby bringing into action the very organs which are able to complete the cure.

I also extend a support up the spine, and one across the shoulders, to which I can attach supports and springs to correct deformity at any part of the spine

or shoulders. These parts fit so neatly, and can be so changed in size and shape as to be worn quite comfortably. By this means the weakest person can be made to sit, and *eligible* to those exercises and other influences which are best calculated to strengthen and improve the form.

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*For the New York Tribune.*  
*To Parents.*

*New York, May 1, 1845.*

MR. GREELEY—It is well known that childhood is the period when the foundation is laid for feebleness and distortion in youth—also, that a successful antidote or remedy has not become generally known. My daughter, now twelve years of age, has ever been feeble, intellectually inclined, and both unable and indisposed to recreation or labor, was easily prostrated on the slightest exercise, and her body leaned or drooped on sitting or standing. At length a progressive deformity of a shoulder and hip insidiously commenced, which has mocked the best appliances, from the most eminent counsel. Having heard much of Dr. Banning in such cases—also of his *Brace*—I applied to him, and by the aid of his easy and gentle Body Brace, or Lace, the most happy results have ensued. My child is now improved in form and attitude; her strength and powers of endurance have very much increased, so that she plays freely, and can walk like other children. The change is *evident*, and I give expression to my heart-felt gratitude to Providence for this act of *philanthropy*. I believe that thousands of distorted and enfeebled beings might be remedied and relieved by a timely resort to Dr. Banning and his directions. The great advantage of his appliance over others is, that it acts by *lifting* and *supporting*, and not by compressing the body—by not compressing any muscle, or impeding any motion. It is applied at the *base*, and not at the *top* of the pile.

A MOTHER.

405 Hudson Street.

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### RUPTURES OF THE BOWELS.

There are few contingencies more common and dangerous than ruptures, and none have ever met with poorer treatment than they—most of the trusses being bunglingly constructed, and acting without any *lifting* effects, and having a round, instead of a flat pad, gradually widening the breach. Another defect is, they never have rendered any support to the *back*, which *all* cases of hernia feel that they need. I would remark that many ruptured people have importuned me, saying, “I want you to fix me a truss with your *Brace Support* to my back; you ought to do it.”

At fig. VI. you see how the back is supported, and on looking at fig. XXI. you see how easily the rupture is retained, and likely to heal, and yet how cool and comfortable the whole instrument sits. See fig. on p. 26.

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*For the Tribune.*

*Middletown, Ct., Oct. 25, 1850.*

MR. GREELEY: It is estimated that every seventh to every tenth person is the subject of hernia; and, as the consequent pain, danger, and loss of labor are so great, it would be a benevolence to publish the following:

I am a fleshy, laborious man, and have for years been seriously afflicted with hernia, which has often endangered my life, and always rendered labor painful. I have suffered much from operations and trusses, and had given up, despairing of relief, or of ever feeling like a man again. But recently I was sent for, to be



FIG. XX.

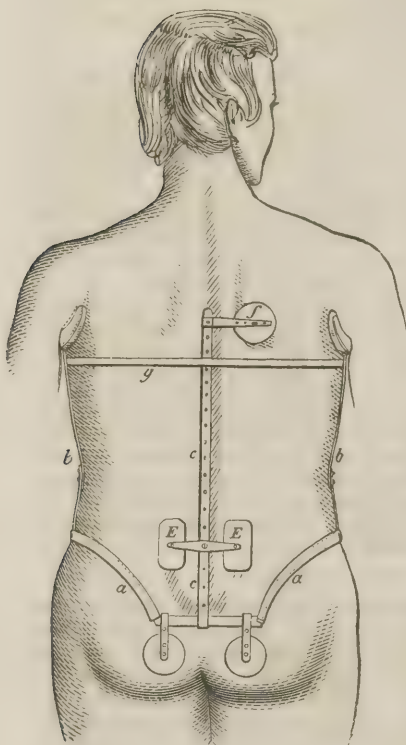


FIG. XXI.

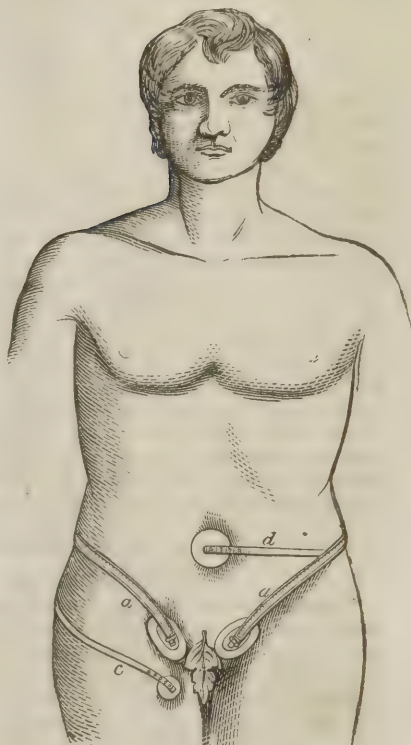


Fig. XX. shows the Brace with the spinal support up the sides and back, giving support to the whole chest; *f*, a spring and pad to press a displaced shoulder blade inward.

Fig. XXI. shows a front view of the Brace, acting most neatly upon any and every variety of rupture; *a a*, pads for common inguinal hernia; *d*, pad for rupture of the navel; *c*, spring and pad for hernia of the groin.

the first test of Dr. Banning's "*Brace Truss*," which combines the properties of great support to the back, hips, and abdomen, and of a rupture truss, and, contrary to any hope, I have not only been *perfectly* relieved, but derived great pleasure and support from the presence of this light, cool, and beautiful device. It pains me to think of the suffering thousands under the use of bungling trusses

STEPHEN KINGSLAND.

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### RUPTURES OF THE NAVEL.

For this breach there never has been a good truss. They will all slip up or down, and, in passing around the body, produce an increased tendency of the bowels to protrude, and, meantime, giving the patient a great sense of confinement. But by attaching a spring to the front bow of the main-spring (see fig. XXI.) we get simple pressure on the navel, and not an ounce of confining pressure around the body, and, at the same time, communicating the benefits of supports to the weak body and sunken abdomen. (See fig. XX.)

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### OF RUPTURE OF THE GROIN.

This is a breach which appears lower in the groin than ordinary ones, and which consequently has been difficult of retainure, it being so difficult to retain a truss upon the part. But by attaching a curved spring to the rear elbow of the Brace, with a pad on its end, the rupture is retained, there being no motion of the body to displace it.

CASE.—Mr. T. had for eleven years been afflicted with *femoral hernia* (rupture in the groin), and had made ineffectual trial of many trusses, but on applying the Brace with this spring, found instant relief, not only to the rupture but to the attending general debility also, to his great surprise.

This discovery is particularly important, as females are much more liable to this malady than males, and also as the danger from strangulation is peculiarly great.

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### PROLAPSUS ANI, AND PILES.

This is a falling out of the inner coat of the bowels, and if allowed to remain out becomes very painful. In most cases all medicines and treatment have failed to cure it, and all bandages have failed to comfortably and steadily hold back the tumor.

But it is with a thrill of pleasure that I can refer to many cases of the extreme suffering from these complaints which have been completely relieved by simply attaching a curved spring-band, with a small porcelain pad, to the upright of the Brace. This spring passes around the person behind, and presses exactly upon the place, retaining the tumors within the body. But previous to applying it, the parts should be softened with oil, and then be perfectly retained by the hand, otherwise much pain may result.

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### OF HIP DISEASES.

There is a large class of deformities and weaknesses of one or both hips, which are the result of accident or disease, and which are very painful and disabling, and hitherto without hope of improvement. In these cases common sense teaches that one great cause of their perpetuity and aggravation is the physical straining on the weakened hips. But it is surprising to see what strength and relief from pain have been conferred by either the Brace or Pelvic Girdle, which so firmly

gird up the weak parts. Want of space forbids the detail of numerous interesting cases. (See late edition of *Animal Mechanics*.)

### THE FOLLOWING MISCELLANEOUS CASES ARE FULL OF INTEREST.

CASE 1.—Miss Mary L., of Nashville, Tenn., was brought to me in the following condition: the right leg was so much shortened as to be unable to put the *toe* to the floor, but used a crutch with notches cut at such height as would receive the pressure of the foot. On the same week of the application of the Brace the limb lengthened half an inch, and within two months was so much improved that the crutch was dispensed with. So unexpected was this great relief in point of suffering and symmetry, that both father and daughter seemed wild with delight and gratitude.

The subjoined is from a man of color, but so much to the point, and so full of truth on its face, that I give it insertion, although he modestly requested it might be confidential.

*Mobile, March 17, 1850.*

DR. BANNING—Sir: Some three years ago I came to this metropolis, afflicted with a complication of complaints; so much so, that I had for four years to use both a crutch and cane, and sometimes then could scarcely go along at that. Ultimately my disease began to threaten my dissolution. About that time, as good hap was, I saw your advertisement, and, in reviewing it (for I done it with great delight), I perceived, sir, that you had entered into all the minutæ of my complaints, and described my feelings much better than I could have done; therefore, without further delay, I made application to your legal agent, and procured one of your Laces, and, strange to tell, in less than six hours I laid aside my crutch and cane, and have not had occasion to use them since. And now, sir, though I am one of the sons of Ham, yet, sir, you need not doubt in the least the veracity of my assertions, for there are in this city many witnesses of the whole facts, just as they stood. Now, sir, should these few imperfect lines meet your approbation, I shall be highly gratified, and remain your humble servant,

A. G.

The following case was a lady, who had not walked for four years, nor stood upon her feet for two years. I applied the Brace, and she arose and stood for a few moments within five minutes after.

*Barnwell, S. C., Dec. 3, 1847.*

DR. E. P. BANNING—Dear Sir: Since the adoption of your Brace my health has improved much, and continues to improve. I am now able, with the assistance of a stick, to walk about the house—even that slight assistance being frequently dispensed with; its use is, I think, now more the effect of long habit than an actual necessity. In conclusion, I need only add that the benefit of the *Brace* is so decided that no offer which you might be able to make, could deprive me for any length of time of its use.

Yours, respectfully,

CHARLOTTE MOORE.



*North Argyle, Washington Co., N. Y., Sept. 2, 1850.*

DR. E. P. BANNING—Dear Sir: Mrs. Doane was confined to her bed for eleven years. She could not lie even in a horizontal position, but lay all this time with her head the lowest. She could not help herself at all, but had to be turned in bed by her attendants. She could not bear the jar of any one striking or jarring the bed. Her abdomen was nothing but perfect laxity, without any animate action, and if she attempted to sit, the dragging sensation was so great that she would faint almost immediately. During the most of this time she was untiring in her applications to the best of the medical faculty, but to no good purpose. She has also tried several kinds of mechanical supporters, designed to help in such cases, but all did not avail. She gave up, discouraged, thinking she must spend the rest of her days confined to her bed, but a friend of hers called on her about three years ago, and showed her your book, entitled "Banning's Common Sense on Chronic Diseases," containing a description of your *Brace*, which she thought was better than any thing of the kind she had ever seen, and she was induced to make one more trial. I immediately took measures to procure one for her, and the result has been, to her great joy, that for the last two years she has been able to be up and about her house, superintending her business, and has rode about town to call upon her old friends. She is now quite comfortable, and attends to her business every day. She attributes all this improvement in her health to the *good effects of your Brace*. Without it she could not be up at all, but with it she is comfortable. Yours, respectfully,

EDMUND B. DOANE.

*Warren, Warren County, Pa., March 28, 1844.*

DR. E. P. BANNING—Dear Sir: I gave you an account of the success attending the application of your Lace in the case of my wife about a year since. She has now worn it constantly about two years, and I am happy to say that in her case my hopes and expectations have been more than tenfold realized. For eight or ten years she was afflicted with a bearing down, as it is commonly called, and in fact was unable to do any thing, perfectly disconsolate and unhappy. Every remedy I could hear of was resorted to, and physicians far and near consulted, many of them eminent for skill, but without relief. In the mean time, her whole nervous system was constantly excited with frequent paroxysms of hysterics, together with all the difficulties attending the worst of such cases. Her excitability was frequently the most extreme, and in short I know of no better phrase than to say she was in body and mind a mere child. Although she was confined to her room most of the time during the many years of her affliction, yet for five or six months she was not only kept to her room, but actually in bed. All hope of relief or even palliation was abandoned; the physicians were discouraged, and many of them frankly told me that her case was not in reach of medicine, among them my father, Dr. N. L. Kidder, Dr. Andrew Oliver, and B. Wisner, of Penn Yan, in the state of New York; also others in this vicinity, with Dr. Parker, my family physician.

I had heard of your success in this region, and by the advice of Dr. Parker, with whom you are acquainted, consented to the application of the Lace by your own hand. From that moment she was relieved, and improved daily, with the most astonishing rapidity. Her strength came, and difficulties subsided, and in a very short time she was able to attend to her family and domestic affairs, and visit her friends at a distance. In truth, the above description falls inconceivably short of the facts, and I have not language to meet the case. She

is another woman, companion, and helpmate, and a comfort to her family and friends.

ASAHEL S. KIDDER.

But notwithstanding all this array of the happiest *facts*, we are often met with the old stereotyped objection, that "no matter if it does give great relief, still it is wrong, for it gives *artificial* strength." "It does what the system should do itself, and consequently it makes the muscles weaker." "There is danger of the patient's getting in a *habit* of wearing it, and can't leave it off." "It confines the muscles, and tends to hinder their natural action," etc., etc. To these two last objections, I only stop here to say, that *this is not the fact*, as thousands of facts have demonstrated, and refer you to the "Common Sense," from page 182-191, and content myself with the following quotation on the score of the "*habit* of wearing it."

"What would our patients say to us were we to address them in the following language, which is the spirit of the scientific objection. This is it: My friend, you are now laboring under great distress, and *have* been for years, in consequence of a loss of vitality and energy in some of your organs, producing general displacement of all the organs of your trunk. You have been thus ill for a long time, and I, among others, have tried my utmost to render efficient relief, by pessaries, tonics, anti-spasmodics, and all other remedies that *promised* relief, but I am compelled to say that my resources are exhausted. To be sure, I know of a very simple and comfortable remedy, that would afford instantaneous relief to you—relieve your spirits, relieve your pains, and enable you to exercise and go into the air and into society, and while you use it almost make you forget your troubles. But I must warn you against its use, for there is great danger of your getting into a habit of depending on it, and finally can't go without it. Now, considering that she has for years had *nothing but a habit of enduring pain*, and no prospect before her but to keep that habit, having been kept *scientifically sick* all this time, and all this in sight of comfort, only for the danger of the habit of being *comfortable*—what language would express her indignation at this savage, scientific inconsistency? Or if a patient convalescing from an intermitting or remitting fever, had got able to walk into the invigorating air by the aid of a cane, should be told—Not so; you must wait till the powers of the system are able to carry you, or you will relax your weak muscles by depending on your cane, depriving them of the stimulus of exertion; you will also get in a habit of using it, and lasting evil will be the consequence. Who would not be indignant at this? or who would father such a position? Yet the opposers of judicious abdominal support do actually lie under the same dilemma. But they *say* they do not, as the cases of the most protracted prolapsus are *not thus* ineligible to exercise, even without support. We say they are; and the perpetual sighs of millions continually say that they are; and common observation says they often are; and anatomy says they may be; and the success of the Lace in relieving the oldest and most obstinate cases of prolapsus, proclaims the childishness and obstinacy of those who oppose this simple and mechanical means of relief; opposing it simply because facts run contrary to sainted antiquity, high names, and the speculations of science. These things are very pretty, but they cost too many lives, too many groans, and too much suffering and pain to be any longer cherished. O that I had the power of tearing away the hypothetical vail, and of showing, in captivating relief, the full ranks of facts, as they have occurred in the world, in opposition to the usages of former writers."

The writer only says, in conclusion, Use your "common sense," and live as

you *ought*, and you won't need the Brace; but if you have not done so, and you are feeling the effects of *neglect* or *misconduct*, it will not mend the matter to wait. Put on the Brace, and commence anew to live as you ought, and as you improve and reform gradually lay it aside. If it does no good it will do no harm, and its occasional assistance will often pay for the trouble and expense.

I have now, first presented, upon anatomical and *common-sense* principles, a rational explanation of the extended and varied effects of the drooping posture, and a relaxed state of the muscles of the back and abdomen, and the consequent sinking or *falling* of the internal organs—also, of the corresponding, auxiliary, and remedial influence of my inventions. I have next cited the experimental opinions of the ablest medical authorities of our country; and, lastly, I have presented you with a long catalogue of the sincere statements of most intelligent and influential sufferers; and I now, after asking you to *re-read the explanation*, proceed to sum up the class of sufferers who may expect to find valuable benefit from a judicious use of these devices.

WHO SHOULD WEAR THE BRACE?—1st. All public speakers and singers who have any irritability of throat, or an ungovernable and cracked voice, and whose vocal exertions are succeeded by languor and fatigue, with sense of *flatness*, faintness, or sinking at the stomach and aching of the back.

2d. All who have dull pains and sense of oppression about the chest, with limited or hurried breathing on slight exercise, accompanied by short cough, on attempting a *full* inspiration, and particularly where there is any predisposition to bleed at the lungs. Also, by *confirmed* pulmonics, as a very great temporary relief to the last. (See "Common Sense.")

3d. All who are troubled habitually with palpitation of the heart on slight exercise or excitement; and also, a general nervousness, such as hysterics, lowness of spirits, gloom, causeless crying, religious hallucinations, hypochondria, melancholia, and temptation to suicide. All such as the above usually approximate the unnatural shape, and complain, more or less, of its general results.

4th. All who have any degree of dyspepsia, and complain of dull dragging pains in the sides, imitating affections of the stomach, liver, and spleen, accompanied by a sense of deathly sinking or "*goneness*" at the stomach, aggravated on exercising, and on taking the *erect* posture; together with a sense of *shaking*, *heaviness*, and *pulling* or *dragging* on *walking* or *riding*.

5th. All who are habitually costive, have chronic diarrhœa, or are in the latter stages of dysentery, and particularly all who are habitually afflicted with cholera, and who have either *bleeding* or *blind piles*.

6th. All who are swag-bellied, have chronic peritonitis, and any variety of rupture of the bowels, or a predisposition to the same.

7th. All having affections of the prostrate gland, or who have any difficulty in either retaining or evacuating urine, and particularly all of that unfortunate class of both sexes, who, from various causes (whether they be personal folly or accidental), are laboring under that seminal or genital weakness which, despite the best moral principles and all constitutional treatment, goes on to sap both body and mind of its strength, too often terminating in insanity or imbecility.

8th. All who have any variety of spinal affection, whether it be a double or single curvature or spinal irritation, or only *weakness*, attended by dull pains between the shoulders, or continual wrangling or grinding pains in the small of the back and hips; with coldness, numbness, swelling, pains, and varicose veins, with weakness of the lower extremities, particularly in chronic milk-leg, and the hardening of flesh and ulcerations so consequent upon it.



9th. All pregnant ladies who are disposed to abortions, or suffer much in the last period of their *journey*, and particularly *every* lady immediately after delivery, and for weeks after, (in such case should be applied over a wide linen bandage.)

10th. All who have any of the above symptoms, in connection with any bearing down (falling of the womb), whites, painful, interrupted, or profuse menstruation; and, very strange rumors are abroad concerning its use in cases of barrenness!

11th. All weak, lax-fibered, and rickety children, and youths who droop, lean, and lounge, and who do not endure exercise well; and particularly young girls, whose physical powers rather flag, about the change to womanhood. If neglected *then*, they seldom fully recuperate afterward.

12th. Particularly those recovering from long confinement, by fevers or any other cause, should use it—it will enable them to begin to move earlier and more, among the convalescing influences; for sea-sickness it is most grateful.

And lastly. All who are from habit or occupation disposed to droop, and are of a sedentary and rather delicate frame, should always *own one*, to use casually in walking, riding, or traveling; thus averting the consummation of their downward tendency.

All of the above maladies may be caused by the descent of the internal organs, producing pressure from above on the one hand and dragging on the other [re-read Explanation], all of which the Brace may rationally relieve by supporting the back and lifting the abdomen, thereby restoring a *natural* condition, and removing the physical power of discomfort. Reflect upon this before you say, "It cures too many things."

CAUSES OF THE DEBILITY OF LADIES, SO COMMON AT THE PRESENT DAY.—1st. A neglect to support weak children. 2d. Neglecting to support fast-growing and lax-fibered girls, at the change from girlhood to womanhood. 3d. The present length of whalebone dress waists, and the enormous number and weight of skirts at this day commonly worn, and pressing downward.

Entered, according to act of Congress, in the year 1850, by

ED. P. BANNING,

in the Clerk's Office of the District Court for the Southern District of New York.

THE following case of Piles, which occurred since this circular was in type, is full of interest :

COL. S., of Poughkeepsie, had for twenty years been the subject of inveterate piles, which at length undermined his health, particularly deranging his digestive and nervous systems. In October last, he came to New York for treatment, and informed me that *all* treatment, both constitutional and local had failed, and that by the recommendation of one who had been relieved of like suffering, he had come to make trial of my improved Brace and Pile Supporter.

#### *Case of Inveterate Leucorrhœa.*

A few days since, I was accosted in Broadway, by a lady, who, when I last saw her, was so bowed down and prostrated by *Leucorrhœa*, which had resisted all treatment, as to be a mere wreck in point of spirits and strength ; but had become so elastic in her movements, and so animated and cheerful in her appearance, as to quite surprise me.

She informed me that she wore a Brace for some months, which had *perfectly cured* her, enabling her to walk several miles a-day with impunity ; and also to entirely dispense with its use. She added, "I felt that I *must* inform you of the wonderful change, and express gratitude and earnest wish that all weak females might make trial of your invention."

This case is a living answer to the charge of those who say, "Wear not the Brace, it will make you worse, and get you completely under the habit of its use."



## BANNING'S CHRONIC DISEASES,

A common-sense treatise, condensed from his lectures on the mechanical cause and cure of chronic disease, embracing the author's views on physical education and the prevailing habits of artificial life, by

ED. P. BANNING, M.D. ✓

For sale at his office, 341 Broadway, New York.

This work has already passed its fourteenth edition, and treats,

1st. Of the individual properties; the mutual dependence and the respective offices of the material and the vital parts of man, showing that their healthy manifestations are the result, not only of their individual properties, but also of a divinely instituted and specific policy between the two; and that disease will ensue from *any* change in the same, originating with the physical part, the vital *never* changing.

2d. Pursuing this *common-sense* truth, it shows that the secret of the body's due development is the only secret of a successful system of physical education, which involves strength of body and an enduring constitution; also, that it is because of a violation by mother and nurse, of the laws of mechanical organization in infancy and childhood, that the grave is yearly peopled by a race of intellectual consumptives, dwarfs, and youthful invalids, whose general epitaph is, "Whom the gods love, die young," but which ought to be, "Here lie the victims of ignorance, fashion, folly, and morbid parental ambition."

3d. It gives unerring rules for securing the most enduring development of the body, and specifies with precision the specific results of physical improprieties upon the health and symmetry of the body.

And, lastly, it distinguishes between diseases of a mechanical and those of a vital character, and indicates their respective corresponding treatment.

Thus the work renders itself a necessary and entertaining companion of mother and nurse, and young and old, in every department of life.